

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CAT	CLUB	POS.	P.CAT.	NATACION	POS.	P.CAT.	CICLISMO	POS.	P.CAT.	CARRERA	POS.	P.CAT.	META			
1	1	79	TRONCOSO SOBRINO, RAMÓN	MALE	ABSOLUTO-M	CLUB ATLETISMO PORRIÑO	5	3	00:19:41	01:31 min/100	3	1	02:02:39	39,1 Km/h	3	2	01:20:14	04:01 min/Km	1	1	03:42:33
2	2	22	CREGO FERNANDEZ, JACOBO	MALE	ABSOLUTO-M	CLUB OLÍMPICO DE VEDRA	2	2	00:17:59	01:23 min/100	5	3	02:10:58	36,7 Km/h	1	1	01:18:03	03:55 min/Km	2	2	03:46:58
3	3	26	DÍOS RÍOS, CRISTÓBAL	MALE	ABSOLUTO-M	A.D.TRI-PENTA TERRAS DE LUGO	1	1	00:17:49	01:23 min/100	4	2	02:07:37	37,6 Km/h	12	7	01:24:44	04:15 min/Km	3	3	03:50:09
4	4	58	PÉREZ CAJARAVILLE, EDUARDO	MALE	ABSOLUTO-M	TRIATLON ARTEIXO	14	7	00:21:13	01:38 min/100	9	5	02:14:03	35,8 Km/h	4	3	01:20:31	04:02 min/Km	4	4	03:55:46
5	1	12	ALVAREZ FIGAREDO, DIEGO	MALE	VET1-M	SKYPI TEAM	3	1	00:19:05	01:29 min/100	10	5	02:16:10	35,3 Km/h	6	3	01:22:32	04:08 min/Km	5	1	03:57:45
6	2	35	FRAGA DÍAZ, MANUEL	MALE	VET1-M	TALLERES DAVID TRIATLON COMPOSTELA	13	7	00:21:08	01:38 min/100	7	4	02:12:52	36,1 Km/h	14	7	01:25:29	04:17 min/Km	6	2	03:59:28
7	5	10	ASPÉREZ DOPAZO, DAVID	MALE	ABSOLUTO-M	CLUB CICLISMO-TRIATLON POIO	20	10	00:21:45	01:41 min/100	11	6	02:16:39	35,1 Km/h	7	4	01:23:19	04:10 min/Km	7	5	04:01:42
8	3	85	VIDAL DE SA, CARLOS IVAN	MALE	VET1-M	NOSPORTLIMIT	43	20	00:24:35	01:54 min/100	6	3	02:12:35	36,2 Km/h	20	11	01:26:17	04:19 min/Km	8	3	04:03:26
9	4	56	PAREDES COYA, LUIS ALBERTO	MALE	VET1-M	TRIATLON MOTOBIKE-GALAICO PONTEVEDRA	6	3	00:19:55	01:32 min/100	12	6	02:20:28	34,2 Km/h	16	8	01:25:36	04:17 min/Km	9	4	04:05:58
10	5	82	VARELA RODRIGUEZ, ALFONSO	MALE	VET1-M	licencia de 1 día	4	2	00:19:37	01:31 min/100	13	7	02:21:04	34,0 Km/h	18	10	01:25:56	04:18 min/Km	10	5	04:06:36
11	6	61	POSE REGUEIRO, PASTOR ADRIAN	MALE	ABSOLUTO-M	TRIATLON ARTEIXO	7	4	00:20:08	01:33 min/100	15	7	02:22:55	33,6 Km/h	15	8	01:25:33	04:17 min/Km	11	6	04:08:35
12	7	70	SANTOS LOIS, SERGIO	MALE	ABSOLUTO-M	CLUB CICLISMO-TRIATLON POIO	27	14	00:22:34	01:45 min/100	8	4	02:12:55	36,1 Km/h	27	13	01:34:17	04:43 min/Km	12	7	04:09:46
13	6	65	RODRIGUEZ MARTIN, JOSE LUIS	MALE	VET1-M	TRIATLON MOTOBIKE-GALAICO PONTEVEDRA	15	8	00:21:17	01:39 min/100	24	12	02:29:12	32,2 Km/h	5	2	01:20:36	04:02 min/Km	13	6	04:11:04
14	7	5	ALONSO FIGUEROA, PABLO	MALE	VET1-M	CLUB CICLISMO-TRIATLON POIO	24	12	00:22:10	01:43 min/100	26	14	02:30:39	31,9 Km/h	2	1	01:18:58	03:57 min/Km	14	7	04:11:45
15	1	68	RODRÍGUEZ VÁZQUEZ, JUAN CARLOS	MALE	VET2-M	C. TRIATLON OURENSE	33	1	00:23:26	01:49 min/100	14	1	02:22:07	33,8 Km/h	23	1	01:28:59	04:27 min/Km	15	1	04:14:31
16	8	24	DAFONTE MARTINEZ, MIGUEL	MALE	ABSOLUTO-M	NATACION PABELLO OURENSE	18	9	00:21:33	01:40 min/100	23	11	02:28:42	32,3 Km/h	11	6	01:24:40	04:14 min/Km	16	8	04:14:54
17	8	20	CASAIS BARRAL, DARIO	MALE	VET1-M	CLUB CICLISMO-TRIATLON POIO	28	14	00:22:49	01:46 min/100	22	11	02:28:13	32,3 Km/h	9	4	01:24:09	04:13 min/Km	17	8	04:15:09
18	9	55	OUBIÑA DURÁN, CARMELO	MALE	VET1-M	CLUB CICLISMO-TRIATLON POIO	37	16	00:24:06	01:52 min/100	19	9	02:27:32	32,5 Km/h	10	5	01:24:12	04:13 min/Km	18	9	04:15:49
19	9	33	FERNÁNDEZ VIDAL, PORFIRIO	MALE	ABSOLUTO-M	CLUB CICLISMO-TRIATLON POIO	45	22	00:24:40	01:54 min/100	21	10	02:27:52	32,5 Km/h	8	5	01:24:07	04:13 min/Km	19	9	04:16:38
20	10	66	RODRÍGUEZ POUSO, JOSE ANGEL	MALE	ABSOLUTO-M	TRIATLON O TREITO	49	25	00:25:57	01:60 min/100	17	9	02:24:31	33,2 Km/h	21	10	01:27:42	04:24 min/Km	20	10	04:18:10
21	10	83	VÁZQUEZ FERNÁNDEZ, ROBERTO	MALE	VET1-M	licencia de 1 día	48	21	00:25:53	01:60 min/100	18	8	02:26:45	32,7 Km/h	17	9	01:25:41	04:18 min/Km	21	10	04:18:18
22	11	14	BARREIRO PEREIRA, JOSÉ ANTÓN	MALE	VET1-M	CLUB OLÍMPICO DE VEDRA	40	17	00:24:22	01:53 min/100	25	13	02:30:25	31,9 Km/h	13	6	01:25:07	04:16 min/Km	22	11	04:19:53
23	11	15	BLANCO LAIZ, PABLO	MALE	ABSOLUTO-M	INTELLIGENT INTERVAL-INSTAX	30	15	00:23:12	01:48 min/100	16	8	02:23:35	33,4 Km/h	29	15	01:34:56	04:45 min/Km	23	11	04:21:42
24	12	40	GOLPE IGLESIAS, JOSE ANTONIO	MALE	ABSOLUTO-M	TRIATLON RIAS BAIXAS	11	5	00:20:58	01:37 min/100	30	13	02:34:02	31,2 Km/h	22	11	01:28:31	04:26 min/Km	24	12	04:23:30
25	13	88	VILLACORTA LOZANO, JORGE	MALE	ABSOLUTO-M	INTELLIGENT INTERVAL-INSTAX	22	12	00:22:05	01:42 min/100	28	12	02:31:59	31,6 Km/h	24	12	01:29:40	04:29 min/Km	25	13	04:23:43
26	12	80	TUBIO MUÑOZ, GUILLERMO	MALE	VET1-M	licencia de 1 día	9	5	00:20:25	01:35 min/100	20	10	02:27:37	32,5 Km/h	34	16	01:36:29	04:50 min/Km	26	12	04:24:29
27	13	73	SEIJAS FRANCO, BASILIO	MALE	VET1-M	TRIATLON FERROL	8	4	00:20:15	01:34 min/100	34	17	02:37:12	30,5 Km/h	25	12	01:29:56	04:30 min/Km	27	13	04:27:23
28	14	47	LORES MEIS, JOSE MANUEL	MALE	VET1-M	CLUB CICLISMO-TRIATLON POIO	23	11	00:22:05	01:42 min/100	27	15	02:31:01	31,8 Km/h	32	15	01:36:12	04:49 min/Km	28	14	04:29:17
29	15	29	FERNÁNDEZ GARCÍA, MIGUEL DAVID	MALE	VET1-M	CLUB NATACION RIVEIRA	19	10	00:21:38	01:40 min/100	29	16	02:33:08	31,3 Km/h	31	14	01:35:16	04:46 min/Km	29	15	04:30:01
30	14	49	MARTÍNEZ GRAÑA, DAVID	MALE	ABSOLUTO-M	licencia de 1 día	12	6	00:20:59	01:37 min/100	32	15	02:34:45	31,0 Km/h	28	14	01:34:48	04:45 min/Km	30	14	04:30:30
31	15	25	DEL RIO CORTEGOSO, LUCAS	MALE	ABSOLUTO-M	CLUB TRIATLÓN MORRAZO	16	8	00:21:22	01:39 min/100	31	14	02:34:40	31,0 Km/h	30	16	01:35:05	04:46 min/Km	31	15	04:31:06
32	16	27	FELPETE OURO, DAVID	MALE	ABSOLUTO-M	TALLERES DAVID TRIATLON COMPOSTELA	25	13	00:22:30	01:44 min/100	39	20	02:47:21	28,7 Km/h	19	9	01:26:00	04:18 min/Km	32	16	04:35:50
33	17	67	RODRÍGUEZ RODRÍGUEZ, CARLOS	MALE	ABSOLUTO-M	NOSPORTLIMIT	32	17	00:23:19	01:48 min/100	33	16	02:36:10	30,7 Km/h	35	18	01:38:48	04:57 min/Km	33	17	04:38:16
34	18	64	RODRIGUEZ GARCIA, ALEJANDRO	MALE	ABSOLUTO-M	licencia de 1 día	34	18	00:23:33	01:49 min/100	36	18	02:41:53	29,7 Km/h	33	17	01:36:13	04:49 min/Km	34	18	04:41:38
35	16	7	ÁLVAREZ-BUYLLA DE LA UZ, JULIO	MALE	VET1-M	CLUB TRIATLON MAR DE VIGO	53	22	00:29:08	02:15 min/100	37	18	02:42:21	29,6 Km/h	26	13	01:31:27	04:35 min/Km	35	16	04:42:56
36	19	34	FIDALGO RODRIGUEZ, CARLOS MIGUEL	MALE	ABSOLUTO-M	CLUB NATACIÓN PABELLÓN OURENSE	36	19	00:23:54	01:51 min/100	35	17	02:37:25	30,5 Km/h	38	21	01:43:28	05:11 min/Km	36	19	04:44:46
37	20	63	RIVAS MARTÍNEZ, XABIER	MALE	ABSOLUTO-M	AD TRIATLON ECOSPORT ALCOBENDAS	47	24	00:25:34	01:58 min/100	38	19	02:45:59	28,9 Km/h	39	22	01:48:13	05:25 min/Km	37	20	04:59:46
38	21	18	CAMIÑA UCHA, BASILIO	MALE	ABSOLUTO-M	licencia de 1 día	46	23	00:25:32	01:58 min/100	43	22	02:55:29	27,4 Km/h	36	19	01:39:59	04:60 min/Km	38	21	05:00:59
39	17	84	VENTURA REGO, JORGE	MALE	VET1-M	CLUB TRIATLON MAR DE VIGO	35	15	00:23:36	01:49 min/100	40	19	02:49:47	28,3 Km/h	41	18	01:49:00	05:27 min/Km	39	17	05:02:22
40	22	86	RODRIGUEZ OUTEIRIÑO, ALEJANDRO	MALE	ABSOLUTO-M	licencia de 1 día	21	11	00:21:52	01:41 min/100	45	23	03:00:01	26,7 Km/h	37	20	01:41:35	05:05 min/Km	40	22	05:03:28
41	18	75	SAN LEON SERRANO, JUAN CARLOS	MALE	VET1-M	licencia de 1 día	41	18	00:24:26	01:53 min/100	41	20	02:52:36	27,8 Km/h	40	17	01:48:32	05:26 min/Km	41	18	05:05:34
42	23	8	AMADO ALVAREZ, SERGIO	MALE	ABSOLUTO-M	licencia de 1 día	39	20	00:24:20	01:53 min/100	42	21	02:54:34	27,5 Km/h	44	23	02:00:38	06:02 min/Km	42	23	05:19:31
43	2	76	SILVA PEÑA, IÑIGO	MALE	VET2-M	licencia de 1 día	38	2	00:24:14	01:52 min/100	44	2	02:57:33	27,0 Km/h	45	3	02:06:43	06:21 min/Km	43	2	05:28:30
44	1	1	ALARCÓN HERNÁNDEZ, MONICA	FEMALE	ABSOLUTO-F	NOSPORTLIMIT	54	2	00:29:59	02:19 min/100	46	1	03:06:52	25,7 Km/h	43	1	01:58:18	05:55 min/Km	44	1	05:35:08
45	3	53	MUÑOZ GARCÍA, JOSÉ MANUEL	MALE	VET2-M	BOTUOSPORT	51	3	00:27:53	02:09 min/100	47	3	03:09:36	25,3 Km/h	42	2	01:57:47	05:54 min/Km	45	3	05:35:15
DSQ	DSQ	39	GIL FERNANDEZ, ISMAEL	MALE	VET1-M	ATLETICO SAN SEBASTIAN			00:21:08	01:38 min/100			02:33:18	31,3 Km/h			01:36:19	04:49 min/Km			04:30:45
DSQ	DSQ	32	FERNÁNDEZ SEGURADO, JOSÉ	MALE	ABSOLUTO-M	PEÑA CICLISTA LAR			00:21:52	01:41 min/100			02:39:27	30,1 Km/h			01:43:29	05:11 min/Km			04:44:47